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# Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 63% Mostly Cloudy Sensex 72,038 | Nifty 21,654 | Gold 63,355 | Silver 75,160 | Dollar 83.28 | Euro 92.49 | GBP 106.38

## Amid burgeoning stray canine population, BBMP unable to find land to set up animal birth control centres

# WAG THE DOG

### Mahadevapura, Bommanahalli zones require space for ABCs

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

There are 2,80,000-odd stray dogs in Bengaluru. The Bruhat Bengaluru Mahanagara Palike (BBMP) has allocated Rs 20 crore for anti-rabies five-in-one vaccine during the year 2023-24 to keep the stray canine population healthy and in check in the city.

The BBMP aims to double the number of spaying and neutering of strays this fiscal year. However, the civic body is struggling to find land for the animal birth control (ABC) centres in the city, especially in Mahadevapura and Bommanahalli zones. As per survey data, there are 58,377 stray dogs in Mahadevapura and 39,183 stray dogs in Bommanahalli.

The ABC centre in Mahadevapura was shut down a year ago; the BBMP is yet to find suitable land for setting up a new ABC centre. The old centre was shut down as the lease period for the land expired over a year ago and the land was sold by its owner.

As a result, the stray dogs in Mahadevapura have to be taken to the ABC centre in Yelahanka for spaying and vaccination.

"It has become a herculean task for our workers to take stray dogs from Mahadevapura to Yelahanka. It also involves additional expenditure for us. The BBMP authorities have been trying their best to find suitable land for the ABC centre," said Radha Amarnath of ASRA.

> "22 years since notification of ABC Rules not enough for BBMP to build capacity and infrastructure...
>
> — Nevina Kamath, secretary, Action for Animal Justice

According to her, dogs get tired and suffocate while being transported to the ABC centre at Yelahanka 30 km away from Mahadevapura.

"It will be a great help if the BBMP finds land for the ABC

CONTINUED ON PAGE 8 »

# A surge in thefts

### Bengaluru witnessed 4,950 cases of motor vehicle theft in 2023

| Ahna Prakash
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TWEETS @BangaloreMIRROR

Recently, a gang broke into a house in the middle of the night and stole a bike in Channasandra. The incident captured on a CCTV camera showed two thieves stealing the bike with no difficulty whatsoever as there were no people on the road nearby or in the vicinity.

This isn't an isolated incident but a trend of concern that has gripped the vibrant city. A surge in thefts of late has left residents grappling with a heightened sense of insecurity both on the streets and within the confines of homes.

The latest crime statistics for the year 2023 revealed alarming figures, painting a grim picture of the city's security landscape.

According to data gathered by the Karnataka state police, Bengaluru witnessed a staggering 4,950 cases of motor vehicle theft in this year alone.

The issue extends beyond the streets, with the city recording a total of 8,296 cases of theft, leaving citizens anxious about the vulnerability of their belongings.

Chain snatching emerged as a particularly prevalent crime, with 126 reported cases

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## 3 THINGS TO DO

### 01 Kathak aura

Get ready to embrace a graceful Kathak performance by Nidhika and Sonali Loomba this week. The event is organised and supported by ICCR under the Every Friday Cultural Evening Programme (EFCEP). The duo has performed at TEDx, the New York Kathak Festival, Kerala Arts and Crafts Village, and NCPA Varkala, to name a few. **Where: Bharatiya Vidya Bhavan**
**When: Friday, December 29; 6:30 pm**

### 02 Compassionate side

Rotary Bangalore Peenya and Bhagwan Mahaveer Viklang Sahayatha Samiti (BMVSS), Jaipur, are all set to organise the 26th edition of the free Mega Jaipur Foot Fitment Camp. The camp is providing free fitment of 650-limbs, 600-calipers, 800-crutches, 50-wheelchairs, and an 80-LN4 forehand. The beneficiaries should bring their Aadhaar copy mandatorily to the camp.
**Where: Ganesh Bagh, Sri SSBS Jain Sangh Trust, No. 9, Bhagavan Mahaveer Road (Infantry Road), Shivajinagar; When: January 3 to 9**

### 03 Musical fix

Don't miss a wonderful chance to attend a Hindustani music concert this week. 'Echoes of Tradition'—Agra Gharana Treasures features Manohar Patwardhan and Nishant Panicker. Entry is free for all, but on a first-come, first-served basis, and also via RSVP on the BIC site. For contact: www.bangaloreinternationalcentre.org.
**Where: Bangalore International Centre, #6, 4th Main Road, Domlur 2nd Stage**
**When: Thursday, December 28; 7–8:30 pm**

**Travel faster**
Vande Bharat Express train between Bengaluru and Coimbatore at the Cantonment Railway Station during a trial run on Wednesday

PIC: KAUSHIK JN

# Covid check: Do it right

## Govt orders CT scans shouldn't be performed on suspected covid cases before RT-PCR testing; docs were depending on CT scan as it gave them clear picture of viral infection

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As many doctors were referring to CT scans to determine covid positivity instead of RT PCR test, the government has ordered that CT scans shouldn't be done on covid suspects before subjecting them to RT PCR, and only if the patient tests positive can a CT scan be referred.

Health Minister Dinesh Gundu Rao said, "The covid subcommittee has taken this decision to stop fleecing patients as many doctors were asking for CT scans for every such case."

Reacting to this, city doctors said that the Reverse Transcriptase Polymerase Chain Reaction (RT-PCR) was often considered the 'gold standard' test for the detection of covid cases. However, during the first and second waves, there were a lot of false negatives with RT-PCR, and hence experts were depending on the CT thorax scan as it gave them a clear picture of the viral infection.

A city-based doctor said, "Whenever people visit me with fever, I recommend that they take a RT-PCR test. However, many are refusing to take the test due to the stigma attached to it. Hence, I am asking them immediately to go for a scan, which can give the correct picture. There are ample examples where the patient might have been tested negative. If there is an early CT scan report, then we can identify the infection early and begin treatment. We have seen instances where people have lost lives due to late treatment, as the symptoms would throw up only at the last stage for a few."

Another medical expert said that in the case of a rapid antigen test (RAT), people who are having fever, cough, or any other covid-19 symptoms will test positive in the RAT only after a period of five days to one week. The sensitivity of this test ranges from 50 per cent to 60 per cent. There are possibilities of missing positive cases, which are also known as 'false negative' results. Therefore, if someone has gone for a test earlier, they may test negative.

> **"If there is an early CT scan report, then we can identify the infection early. We have seen cases where people have lost lives due to late treatment**
> – a city-based doctor

The second test that is currently available and is considered the 'Gold Standard' for covid-19 testing is RT-PCR, which has a sensitivity of 60 per cent to 70 per cent. This test depends on the prevalence of covid infection in a person.

If the prevalence is high, then the person will definitely test positive for covid, and chances are that their RT-PCR will show a sensitivity of 80 per cent.

However, there are chances that the remaining 20 per cent of patients may walk out freely with a "negative" report in hand, as the prevalence of their virus may not be much in their bodies. Hence, the CT thorax scan was recommended, which can provide a test report with a diagnostic value of more than 90–95 per cent accuracy. Even though it does not provide a 100 per cent positive report, it can help clinicians understand the pattern of the diseases based on the scan report. It is true that symptomatic patients may show a negative RT-PCR result due to irregular and intermittent shedding of viruses or low or nil viral loads in the nasal swab area.

Another expert said that the detection of covid 19 was assessed through the Covid 19 Reporting and Data System (CO-RADS) score, which indicates the severity of the disease. If the score is one, it would indicate that it is either normal or non-infectious, while two is considered an abnormality consistent with infections other than covid 19. If the score is three, then the experts say that it is still unclear about covid, while four would raise suspicion for covid while the scores above five are indicative of a very high viral load and typical covid 19.

"As 20 to 25 per cent of RT-PCR comes as false negatives, we do CT of the lung to know whether there is a covid infection or not, depending on lung changes," an expert said.

PICTURE FOR REPRESENTATION ONLY

**CT thorax scan can provide a test report with a diagnostic value of more than 90–95 per cent accuracy**

# Majority prefer banks to park savings, 21% in gold: Survey

The affinity of Indians for gold and traditional bank deposits remain unwavering as about 77 per cent of respondents preferred to safeguard their earnings through bank deposits and 21 per cent choose to invest in gold in 2023, according to a survey.

The Money9 annual personal finance pulse survey indicated a positive trend in insurance penetration, with over 27 per cent of households holding life insurance policies in 2023, higher from 19 per cent in the 2022 survey.

However, a 53 per cent of households still lack health insurance coverage, according to the survey, which is based on responses from over 35,000 households across 20 states.

It further said that India's burgeoning stock market is gradually making its way into the pockets of investors, with the percentage of stock market investors surging from a mere 3 per cent to 9 per cent compared to the previous year.

Additionally, 10 per cent of Indian families have now embraced mutual fund investments, up from 6 per cent in 2022.

**"The percentage of stock market investors surged from a mere 3 per cent to 9 per cent compared to the previous year**

The survey also showed that regional variations persist, with southern Indian cities such as Bengaluru (69 per cent) and Thiruvananthapuram (66 per cent) leading in gold savings.

In terms of insurance penetration, Madurai (84 per cent) claims the top spot, followed closely by Amravati (79 per cent) and Aurangabad (76 per cent).

Also, the percentage of Indian households affording a luxurious lifestyle has increased from 3 per cent in 2022 to 5 per cent in 2023.

While luxury remains concentrated primarily in metro cities, these findings underscore India's relentless pursuit of progress, the survey added.

The survey was conducted in collaboration with Research Triangle Institute (RTI) International. **PTI**

# Sebi extends deadline to June 2024 to add nominees in mutual funds, demat accounts

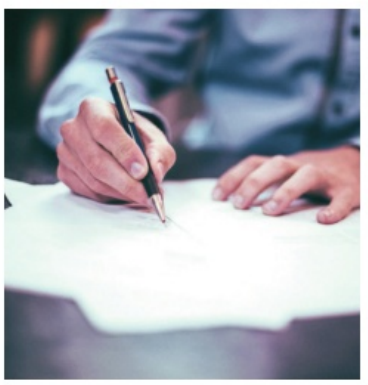
Markets regulator Sebi on Wednesday extended the deadline to June 30 next year for demat and mutual fund account holders to provide a nomination.

Earlier, the deadline to nominate a beneficiary or opt out of it by submitting a declaration form was December 31, 2023.

The move is aimed at helping investors to secure their assets and pass them on to their legal heirs.

"Based on representations received from the market participants, for ease of compliance and investor convenience, it has been decided to extend the last date for submission of 'choice of nomination' for demat accounts and mutual fund folios to June 30, 2024," the Securities and Exchange Board of India (Sebi) said in a circular.

Further, Sebi asked asset management companies (AMCs), depository participants and Registrar and Transfer Agents (RTAs) to encourage the demat account holders and mutual fund unit holders to fulfil the requirement for nomination/opting out of nomination by sending a communication on fortnightly basis by way of emails and SMS to all such unit holders who are not in compliance with the requirement of nomination.



The communication should provide guidance to provide nomination or opt out of nomination. **PTI**

Giving time daily for the things you love
is your life's SIP
SIP for your life
Scan to know more or contact your MFD / RIA
Advantages of SIP
Freedom from timing the market
Flexibility to choose investment amount
HDFC
MUTUAL FUND
BHAROSA APNO KA
An Investor Education and Awareness Initiative
SIP - Systematic Investment Plan. Visit https://www.hdfcfund.com/information/key-know-how to know more about the process to complete a one-time Know Your Customer (KYC) requirement to invest in Mutual Funds. Investors should only deal with registered Mutual Funds, details of which can be verified on the SEBI website (www.sebi.gov.in/intermediaries.html). For any queries, complaints & grievance redressal, investors may reach out to the AMCs and / or Investor Relations Officers. Additionally, investors may also lodge complaints directly with the AMCs, if they are unsatisfied with the resolutions given by AMCs they may raise complaint through the SCORES portal on https://scores.gov.in. SCORES portal facilitates investors to lodge complaint online with SEBI and subsequently view its status. In case the investor is not satisfied with the resolution of the complaints raised directly with the AMCs or through the SCORES portal, they may file any complaint on the Smart ODR on https://smartodr.in/login.
Mutual Fund investments are subject to market risks, read all scheme related documents carefully.

# Show me the way to the next restroom, please

## BBMP plans to build over 200 new toilets and renovate more than 200 existing ones; floats tender for same

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KAUSHIK JN

Public bathroom in Ulsoor is one of the existing ones that can be found in a bad state

Here is good news for those who want Namma Bengaluru free from yellow spots. The Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to construct over 200 new toilets and upgrade more than 200 existing toilets across the city, thus making it easy for pedestrians, autorickshaw drivers, and gig workers, who contribute a lot to the creation of yellow spots.

The Executive Engineer-5 of Solid Waste Management floated a tender on Tuesday inviting bidders for constructing new toilets and upgrading existing toilets in Bengaluru East, Yelahanka, Mahadevapura, Bengaluru South, Bommanahalli, Raja Rajeshwari Nagar, Bengaluru West, and Dasarahalli Zones at an estimated cost of Rs 38.07 crore. The last date for uploading the filled-out proposals is January 29, 2024, and the date for opening technical proposals is January 31. If the allocation of Rs 831.10 lakh is any indication, it seems Raja Rajeshwari Nagar Zone needs more new toilets and has many existing toilets that need to be upgraded.

Among the zones that needed fewer toilets are Bengaluru West and Dasarahalli. The BBMP has allocated only Rs 499.80 lakh for the construction of new toilets and improving the existing toilets. The BBMP has allocated Rs 824.66 lakh for Bengaluru East and Yelahanka Zones and Rs 826.67 lakh for Mahadevapura Zone.

"We have prepared a detailed project report for the new toilets as well as for the existing toilets that need some improvement. We are confident of meeting the target of new toilets by taking residents into confidence. There are some areas where residents and businessmen do not want public toilets near their homes and business establishments. After the completion of the tender process, the successful bidder has to construct the new toilets and upgrade the existing toilets within six months," said BBMP Solid Waste Management Executive Engineer-5.

It may be recalled that residents of Malleswaram have to launch an initiative to discourage people from creating yellow spots in the locality. Bangalore Mirror published a story – Citizens find a way to remove yellow spots – on November 20, 2023, narrating how the citizen groups in the city have taken it into their own hands to eliminate yellow spots.

> **"We did surveys in HSR, Rajajinagar, Jayanagar, and exactly behind the BBMP Head Office. It was pathetic to see broken doors, bad ventillation, locked toilets** –Archana KR

Social activists and environmentalists have welcomed BBMP's initiative. "Elimination of yellow spots depends on the spots selected to construct new toilets and the public, who have to use the nearby toilets to attend nature's call. The problem with the public is that they want to attend nature's call in open places, despite the fact that toilets are situated a few metres away. The BBMP should take measures to make the public use toilets to attend nature's call," said Rekha Chari, president, Malleswaram Swabhimana Initiative.

Stating that the toilets have to be maintained properly and new toilets should be constructed at the right locations, Vinod Jacob of Namma Bengaluru Foundation said one can find many black spots and toilets in the wrong location. "Regular maintenance and water in these toilets are very important and should be open to the public during working hours. Also, many of the BBMP schools do not have adequate toilets for the students and are not properly maintained," he said.

Archana KR, a sanitation campaigner, added that a group of volunteers did a BBMP public toilet audit, and it is really horrific to see the infrastructure and maintenance of the public toilets in Bengaluru.

"We did surveys in HSR, Rajajinagar, Jayanagar, and exactly behind the BBMP Head Office. It was pathetic to see broken doors, bad ventilation, locked toilets, and cleaning staff not getting hygiene and cleaning materials. There is no running water facility at some public toilets, and some of the toilets are not safe for women and children to use at night," she said.

# Student-led protest urges resolution for guest lecturers

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AIDSO students protesting at Freedom Park on Wednesday

In a resolute demonstration of solidarity, students under the leadership of the AIDSO Bengaluru District Committee and the Degree Students Struggle Committee gathered at Freedom Park on Wednesday to advocate for the rights of guest lecturers and address the academic challenges faced by government first grade colleges.

The protest, echoing the sentiments of guest lecturers who have been boycotting classes for a month, aimed at drawing attention to their just demands. Kalyan, AIDSO District Secretary, highlighted the critical nature of the situation and disclosed that most government degree colleges, heavily reliant on guest lecturers, have seen a halt in classes. This interruption in education coincides with impending semester exam dates, intensifying the concerns of students.

Expressing the urgency of the matter, Kalyan stated, "The state government must promptly address the grievances of guest lecturers to restore normalcy in college operations. The simultaneous standstill of classes and the looming exams are causing immense anxiety among students."

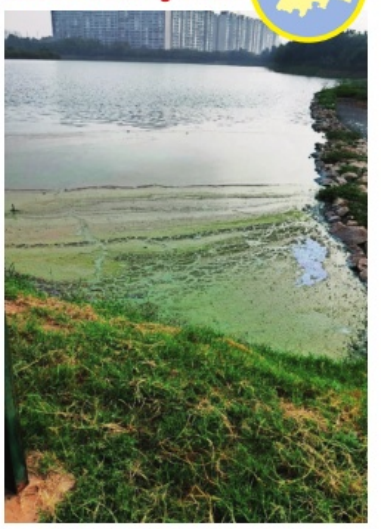
AIDSO urged the government to swiftly and comprehensively fulfil the demands of the guest lecturers, emphasising the need to create a conducive environment for the resumption of classes in government colleges. The protesters called on the government to prioritise the resolution of these issues, underscoring the impact on both the academic progression of students and the livelihoods of guest lecturers.

Kalyan said, "It is the duty of the government to ensure a dignified life for guest lecturers by meeting their legitimate demands. The prolonged disruption in education is a matter of great concern, and immediate intervention is necessary to safeguard the interests of both educators and students."

## whatsapp MIRROR 9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Odour spread
**Silver County Road**



Hosa Lake, near Silver County Road, is emanating a very unpleasant smell. There are too many dogs inside the lake park.

### Uneven path
**Tumkur Road**

The footpath at 8th Mile on Tumkur Road is uneven and needs attention. The authorities concerned should do the repairs soon.

### Clear it soon
**Jayanagar**

There is a heap of garbage dumped on the road at Sangam Circle, 2nd Main, 8th Block, Jayanagar. Citizens request that the authorities take the necessary actions.

# Police step in as Kannada activists' rally turns violent

The 'Maha Abhiyan' campaign organised by a group Kannada Rakshana Vedike (KRV) demanding prominence for Kannada language on signboards turned violent on Wednesday with the activists smashing the English signboards and vandalising property, advertisement boards and hoardings.

The activists have targeted Starbucks, Third Wave, Toyota, House of Masaba, Forest Essentials, Theobroma and others.

The KRV claimed that thousands of English signboards were "destroyed and plucked out" across the city.

"We will wait till February 28 to install sign boards giving prominence to Kannada language. If not, a stronger protest would be organised to get rid of those sign boards," KRV President, TA Narayana Gowda, warned.

"We apologise for the inconvenience faced by the people of Bengaluru. I assume that they will understand the organisation of large-scale protests to ensure usage of Kannada language on sign boards," he said.

"If false cases are lodged against Kannada activists, we will organise protests against the government," he added. The development has evoked a huge backlash from the people and activists. Police had earlier beefed up security in Bengaluru on Wednesday in the wake of the KRV demanding prominence to local language on signboards of commercial buildings and malls in the city.

**KRV claims that thousands of English signboards were "destroyed and plucked out" across the city**

It organised a massive rally as part of its Maha Abhiyaan taken up following the Karnataka government issuing directions making Kannada compulsory in 60 per cent of the sign boards put up on commercial buildings.

The rally started from Bengaluru International Airport Road and will pass through Yelahanka, Shivajinagar, Commercial Street, S.P. Road, Brigade Road, MG Road, Chikkapet, City Market, Avenue Road and reached Cubbon Park.

KRV President Narayana Gowda had issued a warning to the owners of commercial buildings to give prominence to Kannada language on sign boards. Bruhat Bengaluru Mahanagara Palike (BBMP) Commissioner Tushar Girinath has directed that all boards should be in Kannada by February 28.

The police had beefed up security for the Mall of Asia, pegged as the biggest in Asia, as the management and Vedike are at loggerheads over the display of the name of the mall in Kannada. The police had to resort to baton charge to control the situation. —IANS

# Bengaluru registers rise in inter-caste marriages

**In 2020-21, the city documented 629 such unions; while in 2022-23 it has gone up to 853**

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Bengaluru stands at the forefront of intercaste marriages in Karnataka, showcasing a consistent upward trend in the last two years. The data from the state government, reflecting couples applying for incentives to promote intercaste weddings, underscores the increase in acceptability of such marriages which were earlier considered as a taboo by many.

Over the last five financial years, Bengaluru reported a fluctuating but noteworthy trend in intercaste marriages. In 2018-19, the city documented 762 such unions, with a slight decrease to 657 in the subsequent year (2019-20) and a further decline to 629 in 2020-21. However, a significant shift occurred in the following years, witnessing a rise to 725 intercaste marriages in 2021-22 and a notable increase to 853 in 2022-23.

"Analysing the percentage rise in intercaste marriages in Bengaluru from 2018-19 to 2022-23 reveals a substantial spike of 11.94%. This data suggests a fluctuating pattern with a discernible upward trend, indicating a growing acceptance of intercaste marriages in the city. Societal attitudes and evolving norms may contribute to this observed shift in marriage dynamics," said an expert.

**Social Welfare Dept has initiated a scheme to provide incentives for intercaste couples, specifically if at least one is from SC**

Over the same five-year period, Bengaluru contributed significantly to Karnataka's overall intercaste marriage statistics, reporting a total of 3,626 such unions. In comparison, the entire state recorded 20,365 intercaste marriages, making Bengaluru account for approximately 17.8% of intercaste marriages in Karnataka.

## Awareness created

Social Welfare Minister HC Mahadevappa stressed the government's efforts to create awareness at various levels about the support for intercaste marriages. He highlighted the financial incentives provided, stating that Rs 64.27 crore was disbursed in 2018-19, Rs 90.42 crore in 2019-20, Rs 171.84 crore in 2021-22, and Rs 94.62 crore in 2022-23. These incentives aim to encourage and support intercaste marriages as part of the government's broader social initiatives.

The Social Welfare Department has initiated a scheme to provide incentives for intercaste marriages, specifically targeting couples where at least one individual belongs to the Scheduled Caste. The eligibility criteria for this scheme include the requirement that the marriage should have taken place within eighteen months prior to the application. Moreover, the scheme is applicable to Hindu couples with a family income below Rs 5 lakh and are residents of Karnataka.

"To avail of the incentive, couples must submit their application within a year of their marriage. Notably, the revised rate of incentive applies to inter caste couples married on or after 01-04-2018. Under this revision, men are eligible for an incentive of Rs 2.5 lakh, while women qualify for an incentive of Rs 3 lakh. This incentive program aims to support and encourage intercaste marriages within the Scheduled Caste community, providing financial assistance to those who meet the specified criteria. By offering these incentives, the Social Welfare Department seeks to promote social harmony and inclusivity while addressing economic considerations for eligible couples in Karnataka," said an official.

> **Societal attitudes and evolving norms may contribute to this observed shift in marriage dynamics**
> –Sociologist

IN BRIEF

## Flower show dedicated to Basavanna

Bengaluru is making preparations for the upcoming Republic Day Flower Show to be held at the Lalbagh Botanical Gardens. The theme of this year is going to revolve around social reformer Basaveshwara and vachana sahitya.

The theme has been decided after a meeting with Horticulture Minister SS Mallikarjun and Lalbagh Director DS Ramesh along with other authorities present. Popularly known as Basavanna, the philosopher spread social awareness through vachanas. He rejected gender or social discrimination, superstitions and rituals. Vachana sahitya is a form of rhythmic writing in Kannada that evolved in the 11th Century and flourished in the 12th Century, as a part of the Sharana movement. These writings are notable for their simplicity and directness, often addressing social issues and personal devotion.

The flower show is going to be held for a span of 11 days, beginning from 18 January and concluding on 24 January. A floral replica of the social reformer Basaveshwara will be put on display along with other statues of philosophers like Akka Mahadevi, Madiwala Machaiah and Gangambike among others. Their vachanas will also be put on display. Officials will also be putting together an Anubhava Mantapa or the 'hall of spiritual experience', a public institution introduced by Basavanna, which welcomed men and women from all socio-economic backgrounds to discuss spiritual and mundane questions of life, openly.

Officials have claimed that there will also be live recitation of vachanas at the Band Stand, making it the most unique attraction of the show. Flowering plants among others have been sourced from Darjeeling and Ooty. Usually, close to five lakh cut roses and three lakh cut chrysanthemum flowers are used to create the central theme at the Glass House every year. The same is being followed this year too. Over three lakh pots have been made ready by the horticulture department. —BMB

# Core breach as structure set up in Kali Tiger Reserve

## Tourism is not allowed here so what is need for this restroom, ask conservationists

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TWEETS @BangaloreMIRROR

A new construction has come up inside the Anshi National Park in Kali Tiger Reserve; board indicates it is a restroom that is being built

Wildlife activists and conservationists have yet again raised the issue of illegal construction and infrastructure development activities in the core areas of Kali Tiger Reserve (KTR). They allege that the officials of the reserve have constructed a restroom inside the Anshi National Park without approval from the authorities concerned.

"The structure is being constructed in the core area of the reserve and no permission has been sought from the National Tiger Conservation Authority (NTCA). A board has been put up by the Karnataka Forest Department, claiming it is a restroom. When tourism is not allowed inside the reserve, what is the requirement of a restroom?" asked a wildlife conservationist from the area.

Locals say the structure has come up over the last two weeks. They highlight that while no tourism activities are allowed in the core areas of a tiger Reserve, this development establishes that rules and guidelines are being violated.

As per Project Tiger Guideline 2012, no new tourism infrastructure development activities should be taken up in and around tiger reserves without due approvals. In case any such activity is desired, it has to be mentioned in the tiger conservation plan to be approved by NTCA.

"We have been raising the issue of illegal construction in the core area of the tiger reserve for a very long time and have also submitted photographic evidence along with complaints to the Principal Chief Conservator of Karnataka Forest Department. However, no action has been taken so far. Rules are openly being flouted by the officials," said a city-based wildlife conservationist.

When BM reached out to NTCA officials, they said the authority had received complaints regarding the recent construction activity inside the tiger reserve.

"We have received a written complaint regarding a development activity inside KTR. However, NTCA per se cannot take any action unless the state government explains these activities through a report. We have written to them asking for a factual report on such activities in the past as well. We have sent a reminder too. However, we have not received any reply from them so far. Once we receive a report from them, we can issue an advisory on the next step," said NS Murali, Inspector General of Forest (IGF), NTCA regional office.

**"We have been raising the issue of illegal construction in the core area of the tiger reserve for a long time and have also submitted photographic proof**

–Wildlife conservationist

In the past, conservationists have alleged that various illegal construction activities have been taken up inside the reserve area without due approval. These include the construction of an orchidarium, jungle safaris, and canopy walks.

After receiving a series of complaints, NTCA, in May this year, wrote to the Chief Wildlife Warden of Karnataka, appealing to him to take action against officials of the Kali Tiger Project and the NTCA southern zone for violating the Forest Conservation Act by allowing illegal construction activities.

The authority, in the letter, had made a serious request to take action against officials responsible for the canopy walk bridge tourism project in Dandeli Wildlife Reserve. The letter also sought a high-level probe about CSR funds and tiger foundation funds for the construction of an orchidarium in the core zone of Kali Tiger Reserve.

"NTCA is a statutory body and is supposed to take action against illegal activities. Just seeking factual reports will not prevent erring officials from taking these steps. NTCA has not conducted site inspections in response to these complaints," said the conservationist.

When BM tried to call KTR officials, they remained unavailable to comment.

# Computer education: Pay service tax, BBMP told

The High Court of Karnataka has held that the Bruhat Bengaluru Mahanagara Palike (BBMP) is liable to pay service tax on the computer education for students of economically weaker sections it had outsourced to a private agency. Rejecting the contention of the civic body that it was exempted from paying service tax, the HC in its judgement said, "the Corporation availing the services of the petitioners to render computer education to persons belonging to economically weaker section as regards which the Corporation has made the payment of monies to the petitioners would be amenable to service tax, that is to say, it is not exempted from service tax."

Vasundhara AGK of Synergy Computer Education, NH Muralidhar of Systel Infos and Amba Prasad NH of Suftpro Technologies, had filed petitions before the HC seeking a direction to the BBMP to pay the service tax. The petitions filed in 2015, were heard by Justice Suraj Govindaraj who gave a common judgement on the three petitions recently. The BBMP had introduced a scheme to impart computer education to persons belonging to economically weaker sections. Three private institutions were hired for a period of three years to provide the services. The three institutes were paid Rs 3,500 for every candidate but the payments were not regular. The institutes had to approach the HC to get a direction for payment. Even after that, the BBMP paid only the fixed amount, but not the service tax. The BBMP claimed that it had received legal advice that it was not liable to pay service tax. The three institutes then approached the HC again.

In its claim, the BBMP said, "whenever there is a local authority which is involved in a transaction service, there would be no service tax required to be paid and authority is exempted from such service tax." The HC in its order, however, noted that BBMP would be exempted only if it had provided the service. **–PTI**

# Telecom network box is proving hurdle for citizen

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

**Woman has sent out several mails to company requesting it to remove box outside her house that makes it difficult for her to take her vehicle out**

Telecom service providers and their road-digging antics have for long plagued the citizens. But here is a case of a network box set up by a telecom service provider that is blocking the path of a house-owner.

The network box of Airtel on the footpath adjacent to a house on 1st Cross of 1st Main of Kathriguppe has been causing much hassle to Maithri Shetty. She is thinking of constructing a new gate as the existing gate of her house has become risky to take her vehicle out.

"I have been advising the Airtel employees, who open the network box to fix telecom service issues, to remove the network box for two years. With the increase of vehicular traffic on the 1st Cross, it is not easy to reverse my vehicle. It is more difficult for me when there is no one to guide me while I am reversing the car. There are occasions where the Airtel employees are not only rude but also aggressive," Shetty told BM.

With no results from the oral demands, Shetty started sending mails online to the Airtel staff from November 1. "I sent 15 mails to the Airtel employees. I received replies stating that they tried to reach me on November 28, but they were unable to establish a contact with me as my number is non contactable. They apologised for the inconvenience caused to me. They said that they understand how upsetting this is and they appreciate me for my patience in this matter," said Shetty.

The network box outside the house in Kathriguppe

In another reply, the Airtel staff has informed Shetty that they have received the confirmation from the consent team that this pillar is under shifting and once the pillar is shifted that the box would be removed. "I do not know why they are taking so much time to relocate or remove the network box. It would be of a great help to me if Airtel shifts or removes the network box as early as possible," Shetty said.

BN Baliga, Manager (Deployment), Airtel, told BM that he has received approval from the higher authorities for removing the network box. "It will be done within 15 to 20 days," said Baliga.

# Bot training: Newspaper sues OpenAI, Microsoft

## Lawsuit by The NYT seeks to end use of its stories to train chatbots

WORLD

The New York Times has filed a federal lawsuit against OpenAI and Microsoft, seeking to end the practice of using its stories to train chatbots.

In the suit filed Wednesday in the Southern District of New York in Manhattan, the Times said OpenAI and Microsoft are advancing their technology through the "unlawful use of The Times's work to create artificial intelligence products that compete with it" and "threatens The Times's ability to provide that service."

OpenAI and Microsoft did not immediately respond to requests for comment.

Media organizations have been pummeled by a migration of readers to online platforms and while many publications have carved out a digital space online as well, artificial intelligence technology has threatened to upend numerous industries, including media. Artificial intelligence companies scrape information available online, including articles published by media organizations, to train generative AI chatbots. Those companies have attracted billions in investments very rapidly.

The Times did not list specific damages that it is seeking, but said the legal action "seeks to hold them responsible for the billions of dollars in statutory and actual damages that they owe for the unlawful copying and use of The Times's uniquely valuable works."

The New York Times has said that OpenAI and Microsoft are advancing their tech through unlawful use of its work

In the complaint, the Times said Microsoft and OpenAI "seek to free-ride on The Times's massive investments in its journalism" by using it to build products without payment or permission.

In July, OpenAI and The Associated Press announced a deal for the artificial intelligence company to license AP's archive of news stories.

However, The New York Times said it's never given permission to anyone to use its content for generative AI purposes. The lawsuit also follows what appears to be breakdowns in talks between the newspaper and the two companies. The Times said it reached out to Microsoft and OpenAI in April to raise concerns about the use of its intellectual property and reach a resolution on the issue. During the talks, the newspaper said it sought to "ensure it received fair value" for the use of its content, "facilitate the continuation of a healthy news ecosystem, and help develop GenAI technology in a responsible way that benefits society and supports a well-informed public."

> **"Legal action seeks to hold them responsible for the billions of dollars in statutory and actual damages**
> – The Times

"These negotiations have not led to a resolution," the lawsuit said. – AP

IN BRIEF

## KSRTC hikes accident relief from ₹3L to ₹10L

The Karnataka State Road Transport Corporation will enhance the compensation provided by the Accident Relief Fund Trust from Rs 3 lakh to Rs 10 lakh with effect from January 1, 2024, it said on Wednesday. In order to provide additional compensation to the dependents of the accident victims, Re 1 will be collected from the passengers travelling in KSRTC buses with ticket value of Rs 50 to Rs 99 and Rs 2 will be collected from passengers with a ticket value of Rs 100 and above, the corporation said in a statement.

The amount will be collected towards Accident Relief Fund Trust from January 1, 2024. Earlier, an amount of Re 1 was being collected from passengers travelling with ticket value of Rs 100 and above towards the relief fund, it said. No accident relief fund contribution will be collected from passengers travelling with ticket value of Re 1 to Rs 49, the statement read. – PTI

## NIA court sentences 2 AQIS members

A special NIA court in Bengaluru on Wednesday convicted and sentenced two "highly radicalised" members of Al-Qaeda in Indian Sub-continent (AQIS) to seven years of imprisonment, an official said. Akthar Hussain Laskar alias Md Hussain of Assam and Abdul Aleem Mondal alias Md Juba of West Bengal have also been fined Rs 41,000 and Rs 51,000, respectively in a case registered on August 30 last year, a spokesperson of the National Investigation Agency (NIA) said. The spokesperson said the NIA had registered the case under various sections of Indian Penal Code and Unlawful Activities (Prevention) Act and the conviction of the two AQIS members marks a major success in federal agency's sustained efforts to identify the banned outfit's "handlers" and prosecute them. – PTI

## Yatnal alleges covid scam, threatens to reveal names

Alleging 40,000 crores of rupees were embezzled under the Yediyurappa government in the state during the first wave of corona, BJP MLA Basanagouda Patil Yatnal warned that he would expose the "irregularities," if expelled from the party. "I will take out names who have looted and made property wherever. BS Yediyurappa was the Chief Minister in the first wave of corona," the Vijayapur BJP MLA said. "It was our government, it doesn't matter whose government was in power, thieves are thieves," he said. – ANI

# JN.1: No real need for booster shot, say experts

COVID CHECK

There is no real need for booster vaccination, said experts even as JN.1, from the lineage of Omicron variant of Covid, is rapidly spreading in the country. First detected in Luxembourg in August, JN.1 is currently present in about 41 countries, including India. It is currently classified as a variant of interest (VOI) by the World Health Organisation (WHO) due to its rapid spread.

India reportedly has a total of 109 JN.1 variant cases, till December 26, majorly from Gujarat, Karnataka, Goa, Maharashtra, Kerala, Rajasthan, Tamil Nadu, and Telangana. Dr. Pramod V Satya, Consultant - Internal Medicine, Manipal Hospital Millers Road, told IANS that the current vaccines may not totally prevent the JN.1 virus infection, but since the viral infection is very less severe, "I think we can get away without booster vaccines". "Also because, the JN.1 is only a sub variant of the Omicron variants, the vaccination that we had taken two years back had protected against severe Omicron variants.

"There is no renewed risk of this new JN.1 variant causing severe illness. Since the disease is causing illness like any other common upper respiratory infection. I don't think there should be a panic or there's a real need for booster vaccination as of now," Dr Satya said. Despite the surge in Covid cases as well as an increase in JN.1 infections, the Health Ministry has also ruled out the need for any additional booster or precautionary doses to be administered to the general public. According to data released by the Health Ministry on Wednesday, a total of 220.67 crore Covid vaccine doses have been administered across the country as on December 21 this year.

However, only 22.88 crore precautionary or booster doses have been administered across the country among the eligible adult population. Over 97 per cent of eligible citizens have received the first dose of the vaccine, while over 90 per cent received a second dose, the data showed. "The JN.1 strain of Covid is spreading rapidly. But this is not to be worried about. Covid vaccination has given immunity against Covid and most likely it is going to help fight JN.1 strain of Covid, as well. No need to have an additional booster dose for JN.1, per se," Dr Ravindra Gupta, Head of Department (Internal Medicine), C K Birla Hospital told IANS, noting there is no need to panic.

"JN.1 has a few mutations compared to the Delta and other Covid variants. But JN.1 has an additional mutation in a spike protein which can evade the normal immune responses and so it transmits very fast," Dr. Satya said.

"This means the infection number will be higher, but it will be very, very mild, even milder than the routine flu. However, no current data shows that it has new or severe symptoms or the public needs to panic about," he added.

India also recorded 529 fresh Covid-19 cases in a single day, while the active infection count stood at 4,093, the Health Ministry said on Wednesday. Three new fatalities - two from Karnataka and one from Gujarat - were reported in a span of 24 hours, according to the ministry's data updated at 8 a.m. – IANS

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# Mayank Agarwal to lead K'taka in Ranji Trophy

Experienced opener Mayank Agarwal was on Wednesday named as Karnataka captain for the first two matches of the upcoming Ranji Trophy season.

The promising young batsman Nikin Jose has been appointed as Agarwal's deputy.

However, KL Rahul has not been named in the 16-man squad considering India's upcoming assignments at home against Afghanistan (three T20Is) and England (five Tests) across January and February.

Agarwal had a big 2022-23 domestic season emerging as the top run-getter in the circuit with 990 runs from nine matches at average of 82.50 that contained three hundreds and six fifties.

Karnataka will open their Ranji campaign against Punjab at Hubli from January 5-8 and in their second match, the former champions will face Gujarat in Ahmedabad from January 12-15.

Former batsman PV Shashikanth has been retained as the coach of the side.

Karnataka squad: Mayank Agarwal (c), Ravikumar Samarth, Devdutt Padikkal, Nikin Jose (vc), Manish Pandey, Shubhang Hegde, Sharath Srinivas (wk), Vysakh Vijayakumar, Vasuki Koushik, Vidwath Kaverappa, K Shashikumar, Sujay Sateri (wk), D Nischal, M Venkatesh, Kishan S Bedare, AC Rohit Kumar. **PTI**

# Former U-19 cricketer impersonates K'taka IPS official, dupes luxury hotels, even Rishabh Pant

A youth, who had played under-19 cricket for Haryana and also claims to have represented Mumbai Indians in the Indian Premier League (IPL), has been arrested for allegedly duping the Taj Palace Hotel here of over Rs 5 lakhs in July 2022, a Delhi Police official said on Wednesday.

The accused was identified as Mrinank Singh, 25, a resident of Haryana's Faridabad and his victims of fraud includes cricketer Rishabh Pant, as well as multiple luxury hotels owners and managers across India whom he had duped impersonating a senior IPS officer of Karnataka.

His arrest comes after a complaint from the Director of Security, Taj Palace Hotel atthe Chanakyapuri police station last August, alleging that Singh, who presented himself as a cricketer, stayed in the hotel from July 22-29, 2022 and he left the hotel without settling bills of Rs 5,53,362.

Asked for the payment, he told that his company Adidas would be doing it.

"Accordingly, hotel bank details were shared with him. He even shared the UTR number of online transaction of Rs two lakh. Immediately, the same was checked in the system of the hotel and found that no payment was made by him," Additional Deputy Commissioner of Police, New Delhi, Ravi Kant Kumar said.

Thereafter, Singh and his manager, Gagan Singh, were contacted on their mobiles for payment and "Singh said that he would be sending his driver with cash to clear the outstanding amount but no one reached the hotel. He was contacted several times to clear the outstanding payments but every time, made false statements and promises and always provided wrong information", he added.

During investigation, notice under Section 41A Cr.P.C. was sent to Singh's address but he was not found present there.

"He was taking all measures to evade police investigation. His mobile phone remained in switched off mode and most of his communications were on social media platforms or internet chatting applications. His acquaintances were made to believe that he is not in India and has now settled in Dubai," the Additional DCP said.

Subsequently,a non-bailable warrant was issued against him by the local court and a look out-circular was also issued in order to apprehend and arrest him in case he attempts to fly out of the country. **IANS**


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**Hennur Road, 2nd Cross, Kalyan Nagar P.O,**
Bengaluru - 560043 has changed my name to
**SWARNLATA SINGH for all future purposes**

**I,** NIRMALA B V @ NIRMALA VASUDEVAMURTHY W/o B G Vasudeva Murthy resident of No.229, Vayuputra, 4th Cross, 4th Block, Near Raheja Apartment, Basaveshwara nagar, Bangalore-560079 have changed my name to NIRMALA BILIGERE VASUDEVA MURTHY, vide affidavit dt 27.12.2023 before notary Renuka C, B.lore.

**I,** Roopa Kallenahalli Nagaiah W/o Govind Raju Shankar R/at No. 145, 1 Main, 2 Block, Geology Layout Malathahalli Nagarabhavi 2 stage, B'lore 560056. I have changed my name to Roopanjali Nagaiah vide affidavit dated 26.12.23 sworn before notary V. Rangaramu, B'lore.

**I,** Govind Raju Shankar Raju S/o Shankar raju R/at No.145, 1 main, 2 Block, Geology Layout Malathahalli Nagarabhavi 2 stage, Bangalore 560056. I have changed my name to Govind Raju Shankar vide affidavit dated 26.12.2023 sworn before notary V. Rangaramu, B'lore.

**I,** Manpreet Kaur Sandhu w/o Sardul Singh R/o #00, Namdhari Farm , Namdhari seeds pvt ltd, Bidadi Hobali Uragahalli Ramanagar Karnataka-562109 have changed my name to Manpreet kaur for all purposes.

**I,** Hema Asrani W/o Sham Biharilal Asrani R/at No. 4/11, Cresent Road, Race Course Road, Bangalore 560001. I have changed my name to Hema Sham Asrani vide affidavit dated 26.12.23 sworn before notary V. Rangaramu, B'lore.

**I,** MONICA ANITA AROKIA DASS R/at No.38, KMR Building 20 C Cross, Ejipura, Bengaluru- 560047, have changed my name to MONICA DANIEL vide affidavit dated: 18/12/2023 Before Notary K.V.Mani Bangalore.

**I** Sajjad Ahmed Basha Saheb S/O, Basha Saheb R/o 16/1, Samadana Nagar 2nd E Cross K G Halli, Bengaluru - 560045 have changed my name to Sajjad Ahmed.

**I,** HUSSAIN SHAIK, R/a #7,8th Cross, Old Baglur Layout, Bangalore-560084, I, have changed my name to, HUSSAIN SHARIFF SHAIK, S/o.Hasan Shariff Shaik, Vide affidavit ,dated 26/12/2023 Sworn before Notary: M Rajendra Bangalore

**I,** Brijesh Babu Shakya S/o Ramavtar Shakya R/o No 303 Lakshmi Nivasam Building Swarna Meenakshi Layout Belathur Kadugodi Whitefield Bengaluru 560067 have changed my name to Brijesh Shakya for Alall purposes

## LOST & FOUND

**Document Lost**

I Revathi .R W/o Ramesh Babu .T.K R/o No.101/32, 11th Cross, BKF Road, Near Bangalore Kidney Foundation, Padmanabha Nagar, Banashankari 2nd Stage, Bangalore-560070 stating that, Khata No.101, House No.32 in Chikkalasandra Village, Uttarahalli (Registered on 06.09.2005 at Sub-Registrar Office of Kengeri) Discharge deed KEN-1-13323-2005-06, CD No.KEND229, accidentally lost on 26.12.2023 while traveling by two wheeler at Padmanabha nagar. I have lodged a complaint (LR No. 0863614/2023) in this regard to Bangalore City Police on 26.12.2023. If anyone finds the said letter, they are requested to contact the above address or mobile number 9008540279.

**Document Lost**

I Gayathri R/o No.49, 4th Main Road, 7th Cross, Vidyagiri Layout, Nagarabhavi 1st Stage, Bangalore -72, stating that BDA allotment letter of the above property is accidentally lost on 01.09.2022 around 2-3 PM. I have lodged a complaint (LR No. 0846874/2023) in this regard to Bangalore City Police on 13.12.2023. If anyone gets the said letter, they are requested to contact the above Address or Mobile No.: 91644 09644.

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# Stray dogs brought to distant ABC centres

CONTINUED FROM PAGE 1

centre in Mahadevapura as early as possible," she said.

The agency undertaking spaying, neutering and vaccination of stray dogs gets Rs 1,500 per stray dog. The agency has to recruit workers and a veterinary doctor for the ABC centre.

The workers have to release the strays, after spaying, neutering, and vaccination are completed, at the same location from where the animals were picked up.

Expressing concern over the lack of space for operating ABC centres, Rashmi D'Souza, former member of Karnataka Animal Welfare Board said the BBMP authorities have to either utilise its own vacant land or approach the state government or village panchayats for allocation of land for the ABC centres.

"Many people are expressing concern over the increase in stray dog bite cases. BBMP, elected representatives and residents must come together and find suitable land for the ABC centre. I was told that there is government land in Mahadevapura," said D'Souza.

Nevina Kamath, secretary of Action for Animal Justice, stated that transporting dogs for birth control surgery over long distances is a violation of ABC Rules. She said it causes greater stress and discomfort for the animals, leading to dehydration, exhaustion and extended recovery time.

"Moreover, there isn't any system of keeping a watch over dogs in the catching nets within vehicles, while they are being shifted to and fro.

The practice of shifting dogs cramped up in catching nets for long hours, instead of keeping them in special cages, is itself a violation. The monitoring committee for ABC is inactive, leading to all sorts of irregularities being forced upon the NGOs with the municipality ignoring viable solutions and alternatives, such as mobile camps and prefabricated or modular structures for ABC centres.

Twenty two long years since the notification of ABC Rules were not enough for BBMP to build capacity and infrastructure, with the poor animals and their caretakers being forced to pay the price for such wanton neglect," said Kamath.

BBMP joint director (animal husbandry) Dr Ravikumar told BM that the agreement with the land owner for the ABC centre at Bommanahalli would expire in a few months.

"We are trying to find land for the ABC but in vain. As far as the land for the ABC centre at Mahadevapura is concerned, we were supposed to have the land belonging to the village panchayat but nothing has transpired till date. Finding land for ABC centres has become a tough task," said Ravikumar.

# Latest crime stats paint grim picture

CONTINUED FROM PAGE 1

as of October 2023. Equally concerning is the nighttime surge in burglaries in different parts of Bengaluru, with 966 cases reported, highlighting that despite police patrolling in all parts of Bengaluru at night, instances of robbery are often reported. The city recorded 546 cases of robbery.

A man whose phone was stolen from a Bengaluru bus stand in broad daylight, said: "I have often seen police vehicles patrolling the area, especially late at night; if the thieves know the police are just a phone call away, why are they still roaming without fear with knives on the street?"

According to NCRB data of 2022, Bengaluru recorded 7,574 cases of theft that year, reflecting a rate of 89.1.

This rate surpassed that of neighbouring metro cities, such as Chennai (37.1), Coimbatore (51.3), and Kochi (14.0).

In the same period, Bengaluru faced a large number of motor vehicle theft cases as well, accounting for 5,064 incidents. Burglaries posed a significant concern with 882 reported cases, while instances of robbery numbered at 603.

**HEALTH TIP:** Sprouts are rich in digestible energy, vitamins, minerals, amino acids, proteins, and phytochemicals

Studies suggest eggplants may help reduce risk of heart disease as they contain a good dose of antioxidants

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# AGE GRACEFULLY

## 5 things can help you live longer

At this time of year many of us resolve to prioritise our health. So it is no surprise there's a roaring trade of products purporting to guarantee you live longer, be healthier and look more youthful.

While an estimated 25 per cent of longevity is determined by our genes, the rest is determined by what we do, day to day.

There are no quick fixes or short cuts to living longer and healthier lives, but the science is clear on the key principles. Here are five things you can do to extend your lifespan and improve your health.

### 1 Eat a predominantly plant-based diet

What you eat has a huge impact on your health. The evidence overwhelmingly shows eating a diet high in plant-based foods is associated with health and longevity. If you eat more plant-based foods and less meat, processed foods, sugar and salt, you reduce your risk of a range of illnesses that shorten our lives, including heart disease and cancer.

Plant-based foods are rich in nutrients, phytochemicals, antioxidants and fibre. They're also anti-inflammatory. All of this protects against damage to our cells as we age, which helps prevent disease.

No particular diet is right for everyone but one of the most studied and healthiest is the Mediterranean diet. It's based on the eating patterns of people who live in countries around the Mediterranean Sea and emphases vegetables, fruits, wholegrains, legumes, nuts and seeds, fish and seafood, and olive oil.

### 2 Aim for a healthy weight

Another important way you can be healthier is to try and achieve a healthy weight, as obesity increases the risk of a number of health problems that shorten our lives.

Obesity puts strain on all of our body systems and has a whole myriad of physiological effects including causing inflammation and hormonal disturbances. These increase your chances of a number of diseases, including heart disease, stroke, high blood pressure, diabetes and a number of cancers.

In addition to affecting us physically, obesity is also associated with poorer psychological health. It's linked to depression, low self-esteem and stress.

One of the biggest challenges we face in the developed world is that we live in an environment that promotes obesity. The ubiquitous marketing and the easy availability of high-calorie foods our bodies are hard-wired to crave mean it's easy to consume too many calories.

### 3 Exercise regularly

We all know that exercise is good for us – the most common resolution we make this time of year is to do more exercise and to get fitter. Regular exercise protects against chronic illness, lowers your stress and improves your mental health.

While one of the ways exercising helps you is by supporting you to control your weight and lowering your body fat levels, the effects are broader and include improving your glucose (blood sugar) use, lowering your blood pressure, reducing inflammation and improving blood flow and heart function.

While it's easy to get caught up in all of the hype about different exercise strategies, the evidence suggests that any way you can include physical activity in your day has health benefits. You don't have to run marathons or go to the gym for hours every day. Build movement into your day in any way that you can and do things that you enjoy.

### 4 Don't smoke

If you want to be healthier and live longer then don't smoke or vape. Smoking cigarettes affects almost every organ in the body and is associated with both a shorter and lower quality of life. There is no safe level of smoking – every cigarette increases your chances of developing a range of cancers, heart disease and diabetes.

Even if you have been smoking for years, by giving up smoking at any age you can experience health benefits almost immediately, and you can reverse many of the harmful effects of smoking.

If you're thinking of switching to vapes as a healthy long term option, think again. The long term health effects of vaping are not fully understood and they come with their own health risks.

### 5 Prioritise social connection

When we talk about living healthier and longer, we tend to focus on what we do to our physical bodies. But one of the most important discoveries over the past decade has been the recognition of the importance of spiritual and psychological health.

People who are lonely and socially isolated have a much higher risk of dying early and are more likely to suffer from heart disease, stroke, dementia as well as anxiety and depression.

Although we don't fully understand the mechanisms, it's likely due to both behavioural and biological factors. While people who are more socially connected are more likely to engage in healthy behaviours, there also seems to be a more direct physiological effect of loneliness on the body.

So if you want to be healthier and live longer, build and maintain your connections to others.

*(By Hassan Vally, Deakin University, The Conversation)*

MIRRORLIGHTS

## Health, lifestyle factors key to curb risk of young-onset dementia: Study

Researchers have for the first time indicated, it may be possible to reduce the risk of young-onset dementia by targeting health and lifestyle factors.

The findings, published in JAMA Neurology, challenges the notion that genetics are the sole cause of the condition.

"Our research breaks new ground in identifying that the risk of young-onset dementia can be reduced. We think this could herald a new era in interventions to reduce new cases of this condition," said Dr Janice Ranson, Senior Research Fellow at the University of Exeter.

Researchers followed more than 350,000 participants younger than 65 across the UK.

The team evaluated a broad array of risk factors ranging from genetic predispositions to lifestyle and environmental influences.

The study revealed that lower formal education, lower socioeconomic status, genetic variation, lifestyle factors such as alcohol use disorder and social isolation, and health issues including vitamin D deficiency, depression, stroke, hearing impairment and heart disease significantly elevate risk of young-onset dementia.

"We already knew from research on people who develop dementia at older age that there are a series of modifiable risk factors. In addition to physical factors, mental health also plays an important role, including avoiding chronic stress, loneliness and depression. The fact that this is also evident in young-onset dementia came as a surprise to me, and it may offer opportunities to reduce risk in this group too," added Sebastian Kohler, Professor of Neuroepidemiology at Maastricht University.

Although globally there are around 370,000 new cases of young-onset dementia each year, relatively little research has been done on young-onset dementia.

"Young-onset dementia has a very serious impact, because the people affected usually still have a job, children, and a busy life. The cause is often assumed to be genetic, but for many people we don't actually know exactly what the cause is. This is why we also wanted to investigate other risk factors in this study, said Dr Stevie Hendriks, Researcher at Maastricht University.

— IANS

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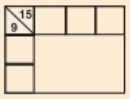
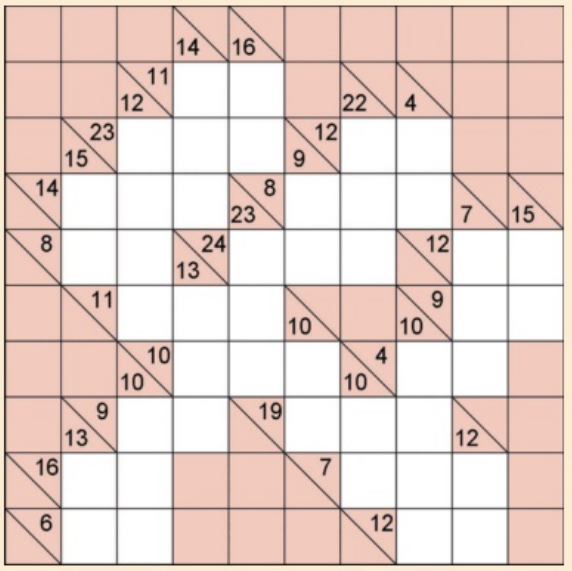
## Kakuro

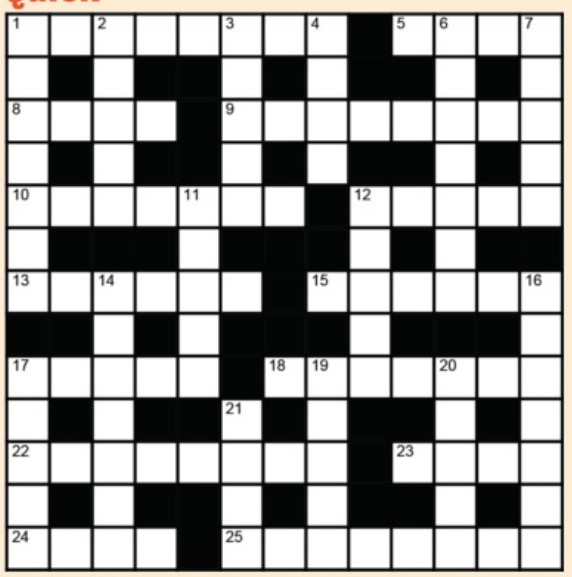
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Fiendish; devilish (8)
5 Part of the face (4)
8 Otherwise (4)
9 Ate greedily (8)
10 Enforced compliance with (7)
12 Popular action figure (2,3)
13 Come into view (6)
15 Third place medal (6)
17 Horrify or stun (5)
18 Love excessively; hero-worship (7)
22 Minimise, reduce the importance of (4,4)
23 Eye infection (4)
24 Put together (4)
25 Scrubs or washes thoroughly? (8)

**DOWN**

1 Ms Padukone of Bollywood (7)
2 Fable writer (5)
3 Gate-keeper's cottage (5)
4 Sheltered recess (4)
6 Gandhiji's term for the downtrodden? (7)
7 Gentle poke (5)
11 Booth in a fair (5)
12 Greta ___ : the famous film star? (5)
14 Inspirational address (3-4)
16 Cricket sides (7)
17 A steamed dosa (5)
19 Move to music (5)
20 Tiny amounts? (5)
21 Pear variety (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: S EQUALS U**

LFFSPG L QXJHSG, XB RZS NLQG XH WZH.

## Linemaro

I love your handwriting

## Mindchow

Fiction is obliged to stick to possibilities. Truth isn't

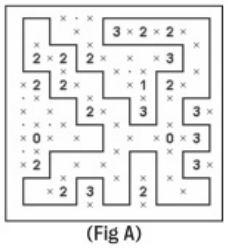
## Joke of the day

I'm still a bit shaken up. I was involved in quite a violent mugging the other day. On the plus side, I did make a few bucks

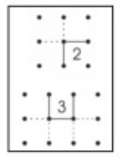
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

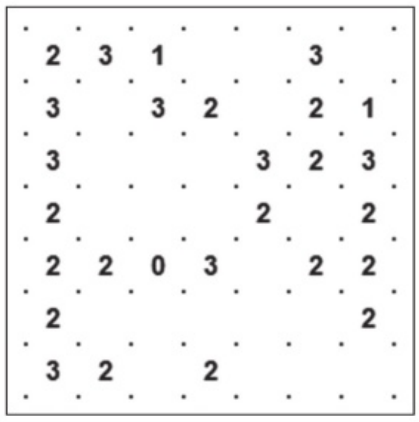


(Fig B) Not Allowed

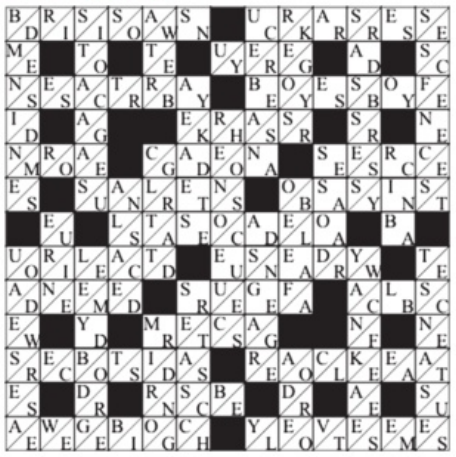
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | | | | M |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |

**ACROSS**

1 I blat; 6 Malar; 7 Up urn (3-2); 8 Emile; 9 Spars

**DOWN**

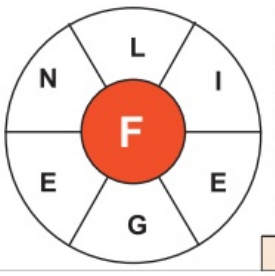
1 Berra; 2 La Lau; 3 Leans; 4 Mr Put; 5 Is imp

## Mensapuzzle

Each square contains the letters of a nine-letter word. Find the two nine-letter words that are antonyms.

| | | | | |
|---|---|---|---|---|
| A | P | B | | |
| E | T | L | | |
| A | A | L | S | S |
| | | T | E | T |
| | | A | S | E |

## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

**08** Average; **09** Good; **11** Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | | | | 2 | | |
| 7 | 5 | 6 | | | | 9 | | |
| | 4 | | 7 | 1 | | | | |
| | | | | | 8 | 3 | | 1 |
| | 9 | 7 | 2 | | 4 | 6 | 8 | |
| 8 | | 5 | 1 | | | | | |
| | | | | 5 | 2 | | 3 | |
| | | 3 | | | | 4 | 5 | 9 |
| | | 9 | | | | | | 7 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5

4 5 5 9

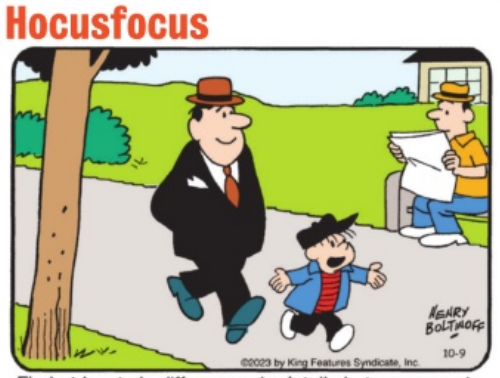
Medium = 2

3 5 5 6

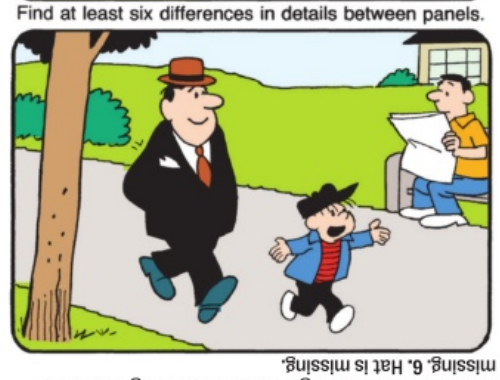
Hard = 7

2 5 7 3

## Hocusfocus




Find at least six differences in details between panels.



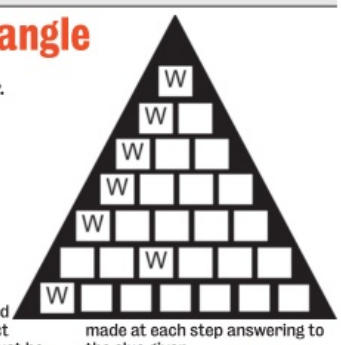
**Differences:** 1. Man is moved. 2. Boy is taller. 3. Arm is raised. 4. Fingers are not showing. 5. Bush is missing. 6. Hat is missing.

## Riddler

One of the volcanoes on the Hawaiian islands just erupted and sent all kinds of rock and ash into the air! I just saw it on the news!, Fred spouted, running into the room. Everyone paid close attention to the television set as they changed it to the news channel. Liz, knowing that isn't true said, "Hawaii? I think not". How did Liz know the eruption never happened?

## Alpha triangle

1 Watt, abbr.
2 West Indies, abbr.
3 Hairpiece
4 Royalist's rival
5 Use scales
6 Applying an axe
7 Complained




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

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9-25
BOING
BOING
BOING
YOU'RE GOING TO KILL YOURSELF TRYING TO MAKE THE LEAPFROG HALL OF FAME!
Yates/Casson

## Bizarrotrip

## Diamond Lil

I COME FROM A REALLY SMALL TOWN
HOW SMALL WAS IT?
THE BAR AND GRILL WAS A SIX-PACK AND A HIBACHI
©2023 creators.com 10/19
www.creators.com
Bartlesh

## Hart of the city

I'VE BEEN WAITING FOREVER FOR THE FESTIVAL OF GAMES!
DO YOU REMEMBER WHEN WE WATCHED LAST YEAR'S GAMES FROM THE FENCE?
NOT... REALLY...?
THEN LET ME REMIND YOU WITH A FLASHBACK!
THE FLASHBACK:
HEART + DEAN IN
FIFTH GRADE
@COMICS.COM/HEARTOFTHECITY

## Crankshaft

IT WAS A STROKE OF GENIUS TO THINK OF USING A DRONE TO BLOW OUT THE GUTTERS!
YOU KNOW WHAT THE BIBLE SAYS... PRIDE GOETH BEFORE A DRONE CRASH!
KER-SLAANG!!
tombatiuk.com/books
10-6
BATIUK & DAVIS

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you are blessed by Jupiter, which may give you confidence. You may be able to make important decisions confidently. You are also decisive, so you may grab the opportunity without a second thought. You are likely to spend money on family and friends. Love birds may enjoy their happy moments. Job aspirants are likely to get a suitable job with the help of friends.

**Taurus** Apr 21 – May 20
Today, you may have a dull feeling. You may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic lives. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

**Gemini** May 21 – Jun 21
Today, you may feel energetic. You may perform better at work; your hard work may pay off now, which may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with an influential person may boost your business.

**Cancer** Jun 22 – July 23
Today, you are blessed by the moon, which makes you happy. You are likely to get a good opportunity with the help of your communication skills. You are polite with the people around you. You may take some difficult decisions in business with the help of your colleagues, which may increase your prestige in society.

**Leo** Jul 24 – Aug 23
Today you are blessed by the moon; it's a good day for you. You have good vitality, which you may enjoy at work or in romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start some new project, and your perfection may help you design the flow chart. Job seekers will find a suitable job. Lovebirds are advised to avoid discussions on worthless topics.

**Virgo** Aug 24 – Sep 23
Today, you may be disappointed. You are advised to control your arrogance; otherwise, you may face some losses due to your speaking while you are talking with anyone. Love birds should be careful in discussions; otherwise, relationships may be affected.

**Libra** Sep 24 – Oct 22
Today, there may be peace in the mind. You may plan to invest some capital in the business, which may increase its liquidity. Your earnings may boost your savings. You may enjoy romantic moments with your spouse, which may enhance harmony in family life. Singles are likely to find a suitable match. Lovebirds may make the decision to get married.

**Scorpio** Oct 23 – Nov 22
Today you are blessed by a positive moon; your losses may be converted into profits. Your boss may be happy and appreciate your work. You are likely to have some transfers in terms of promotion. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions in terms of marriage with the help of relatives or friends.

**Sagittarius** Nov 23 – Dec 22
Today, when situations are under control, you may feel better. You may plan for overseas travel. Your network may help you on the work front. You may see an increase in domestic harmony. You may be more creative; you may bring some artefacts or creative stuff for family or the office. You may also plan on watching movies or other entertainment with friends or family.

**Capricorn** Dec 23 – Jan 20
At the start of the week, you will expect financial gains. You will make a balance between your earnings and expenses, which will boost your bank balance. You are likely to perform better in your job. Your boss will give you new responsibilities in terms of promotions. You will get back your money from your lenders. You will be able to control your opponents and hidden enemies. Your health would be better now.

**Aquarius** Jan 21 – Feb 19
Today, you may plan to renovate your house. You may buy some stuff to decorate your house to maintain your social status. There is likely to be some harmony with the spouse. It creates harmony in domestic life. Disputes with friends, co-workers, and partners may be settled. You may get good news in terms of litigation.

**Pisces** Feb 20 – Mar 20
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount, which was stuck somewhere, is likely to be recovered now. You may also apply for a loan to buy some stuff related to luxury.

# KIDZONE

Uma Mahesh P, 10 Years, KLE Society School

Ashwin S, 12 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**RIDDLER** The type of volcano on Hawaii is a "Shield" volcano, and the volcano Fred explained is a "Composite" volcano. Explanation: A shield volcano has slowly flowing lava with no ash spouting out. Every volcano on Hawaii is this way. On the other hand a composite volcano shoots out rock and ash, with a small amount of lava. A good example would be Mt. St. Helen's. If a composite volcano were to erupt it would not be on Hawaii.

**SOLVE IN 1M**
8+(-2)-2(-3)-6÷(-2))
= 8+(-2)-2(12) = -4-24= -28

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| B | A | L | T | I |
| A | L | A | R | M |
| R | U | N | U | P |
| E | L | E | M | I |
| R | A | S | P | S |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | I | S | O | W | N | U | K | A | S | E | S | | | |
| E | T | E | U | R | E | A | C | | | | | | | |
| N | E | A | R | B | Y | B | Y | E | B | Y | E | | | |
| I | G | | E | R | A | S | S | R | R | N | | | | |
| M | O | E | | C | A | E | N | | S | E | R | E | | |
| S | S | A | L | T | S | | O | A | S | I | S | | | |
| | E | | L | A | S | C | A | L | A | | A | | | |
| O | R | E | A | D | | U | N | A | R | Y | | T | | |
| D | E | E | D | | R | E | E | F | | A | B | S | | |
| E | Y | | M | E | S | A | | N | | | E | | | |
| F | | T | | B | | A | | O | | V | | | | |
| | P | | T | | B | | R | | O | | L | | | |
| A | P | P | A | L | | I | D | O | L | I | S | E | | |
| | | E | | L | | | | | | | | L | | |
| A | P | P | E | A | R | | B | R | O | N | Z | E | | |
| | K | | | T | | | A | | | A | | | | |
| | I | M | P | O | S | E | D | | G | I | J | O | E | |
| | P | | O | | G | | E | | I | | | G | | |
| E | L | S | E | | D | E | V | O | U | R | E | D | | |
| | E | | | O | | O | | A | | | U | | | |
| C | H | I | N | | C | L | E | A | N | S | E | S | | |

**QUICK**

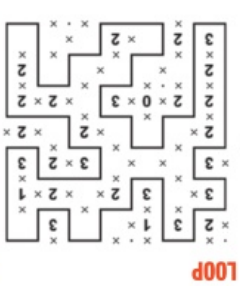
| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | W | E | I | G | H | | L | O | V | E | M | E | | |
| S | | N | | C | B | D | | E | | S | | | | |
| C | O | T | I | A | | R | A | C | K | E | T | | | |
| | Y | | M | E | S | A | | N | | | E | | | |
| O | R | E | A | D | | U | N | A | R | Y | | T | | |
| | E | | L | A | S | C | A | L | A | | A | | | |
| S | S | A | L | T | S | | O | A | S | I | S | | | |
| M | O | E | | C | A | E | N | | S | E | R | E | | |
| I | G | | E | R | A | S | S | R | R | N | | | | |
| N | E | A | R | B | Y | B | Y | E | B | Y | E | | | |
| E | T | | E | U | R | E | | A | | C | | | | |
| D | I | S | O | W | N | | U | K | A | S | E | S | | |

**SOLUTIONS**

**KAKURO**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 2 | | | | | 4 | 8 |
| 16 | 9 | 7 | 2 | 1 | | | 9 | 7 |
| | 6 | 8 | 9 | 9 | 8 | 2 | 1 | 4 |
| 15 | 9 | 3 | 2 | 5 | 1 | 7 | 3 | 1 |
| | 8 | 6 | 9 | 2 | 9 | 8 | 2 | 9 |
| 8 | 6 | 9 | 7 | 8 | 2 | 1 | 4 | 2 |
| | | 4 | 2 | 1 | 3 | 9 | 6 | 7 |
| | | | 1 | 3 | 2 | 4 | 5 | 8 |
| | | | | 2 | 1 | 6 | 3 | 9 |

**LOOP**



**ALPHA TRIANGLE**
W, Wi, Wig, Whig, Weigh, Hewing, Whinged.

**GO FIGURE**
Easy
5 + 5 + 4 – 9 = 5
Medium
6 / 3 – 5 + 5 = 2
Hard
2 + 3 x 7 / 5 = 7

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 9 | 3 | 4 | 1 | 8 | 2 | 7 |
| 2 | 1 | 3 | 6 | 8 | 7 | 4 | 5 | 9 |
| 4 | 7 | 8 | 9 | 5 | 2 | 1 | 3 | 6 |
| 8 | 3 | 5 | 1 | 9 | 6 | 7 | 4 | 2 |
| 1 | 9 | 7 | 2 | 3 | 4 | 6 | 8 | 5 |
| 6 | 2 | 4 | 5 | 7 | 8 | 3 | 9 | 1 |
| 3 | 4 | 2 | 7 | 1 | 9 | 5 | 6 | 8 |
| 7 | 5 | 6 | 8 | 2 | 3 | 9 | 1 | 4 |
| 9 | 8 | 1 | 4 | 6 | 5 | 2 | 7 | 3 |

**MENSA PUZZLE**
PALATABLE, TASTELESS

**QUOTE UNCODE**
Assume a virtue, if you have it not.

**BULL'S EYE**
elfin, feel, FEELING, feign, feline, file, fine, flee, FLEEING, fling, life

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**Lee Sun-kyun found dead**

South Korean actor Lee Sun-kyun, best known for his role in the film 'Parasite', was found dead in Seoul on Wednesday, police said. The 48-year-old was found inside a vehicle parked on the street


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@BangaloreMirror

# Fashion evolution

## Disha Patani on how she experiments with different styles to find her own

> I enjoy the creative process of putting together my looks. It's about having fun, being free

Whether it is her risqué dresses on the red carpet or statement saris, Disha Patani's fashion choices are often a talking point. The actress tells us she enjoys pushing the envelope and experimenting with her style. "Fashion has always been a form of self-expression for me. Over the years, I've experimented with different styles, and it's been a journey of self-discovery. I enjoy the creative process of putting together my looks. It's about having fun, being free and comfortable with fashion," the Radhe actress shares.

On the work front, Disha did not have a release this year. However, the actress' calendars have been booked with multiple tentpole movies. "I'm thrilled about the diverse projects lined up for the coming year. Each one belongs to a different genre, altogether. I can't wait for the audience to see me in these exciting roles," she mentions.

Unlike her colleagues, the actress is yet to explore the OTT space. Ask her about it, and she says, "Today, OTT is booming, if a script and right project comes that excites me then why not? I have never made that distinction be it films, OTT, stage performances, music videos etc – and equally respect them all. It's not apprehension, just a matter of finding the right role."

The actress also turned a director this year with her music video Kyun Karu Fikar. Talking about the year Disha shares, "It's been an eventful year, but one of the highlights for me was getting behind the director's seat for the very first time with the music video Kyun Karu Fikar.

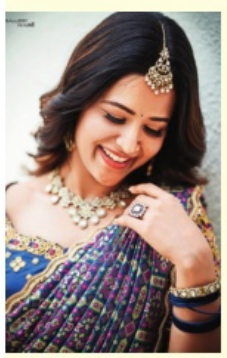
It was such a fun and creatively exciting experience and I looking forward to embarking this new journey ahead."

**—Vinay Mishra, ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

## On a roll

Brinda Acharya who debuted as a heroine in Sandalwood with Premam Poojyam is excited about the chance to share the screen with popular hero Nirup Bhandari. The yet-to-be-titled movie is to be helmed by Sachin Vaali while Sachin Basrur will score its music. It will be the first movie for Sachin as an independent director. Brinda, who hails from Honnavar in Coastal Karnataka, has played Shivani in the movie Kausalya Supraja Rama. She earned name and fame for her sterling performance in the movie Premam Poojyam with Prem aka Nenapirali Prem.



After being noticed in Kausalya Supraja Rama, some directors and producers approached Brinda for her call-sheet. It is said Brinda will be playing a different role (social media influencer) while Ankita Amar, known for her performance in tele serials, will play a reporter in the new film.

Brinda has agreed to act in Bank of Bhagyalakshmi directed by Abhishekh M while Ajay Rao plays the lead. The other movie is X & Y, directed by national award winner Satya Prakash who is also playing the lead. Brinda will also play the female lead in Ondsala Meet Maadona directed by veteran director S Narayan.

## Memorable X'Mas

Nimita Ratnakar who set the silver screen on fire by shaking a leg with Challenging Star Darshan for the song – Shake it Pushpavathi – is excited about celebrating Christmas with cricketer Prithvi Shaw along with her two brothers in Mumbai.

"Prithvi Shaw is my friend. I have met him many times. I thought it would be apt to celebrate Christmas with my brothers. I consider it a special moment," says Nimita who hails from Mangaluru.

Nimita made her debut in Sandalwood with Raama Dhanya that was released in 2018. She has also acted in Kannada movies such as Abbara, Mr Bachelor and made a special appearance in the Darshan-starrer Kranti. "I shared the screen space with Yashas Surya in Raam Dhanya, Prajwal Devaraj in Abbara and Darling Krishna in Mr Bachelor," says Nimita.

She also acted in the Upendra-starrer Trishul that is yet to be released and her other movie Phoenix in which she played the female protagonist. "I am grateful to director Om Prakash Rao for his guidance during the shooting. I learnt a lot during the shooting of Phoenix," she says with gratitude.

She says veteran actresses Malashri and Shruthi are her role models. "Malashri and Shruthi are known for sterling performance. I love to watch their movies. When it comes to Bollywood, Sridevi is my favourite," she says, adding that talks are on for Kannada and other language movies.

# Off on a holiday

Rumoured couple-actors Ananya Panday and Aditya Roy Kapur were spotted at the Mumbai airport on Wednesday morning.

The couple always manage to grab headlines with their public appearances. Seems like the duo are off to an undisclosed destination for a New Year vacation. In the videos captured by Mumbai-based paps, the lovebirds did not arrive at the airport together; but were seen posing and flaunting big smiles.

Ananya can be seen wearing a checked shacket paired with loose pants, a cap and shoes.

For glam, she opted for a minimal makeup look.

Aditya, on the other hand, also carried a checked shacket look.

Recently, Aditya Roy Kapur graced the famous 'Koffee' couch in the recent episode of the popular talk show 'Koffee with Karan Season 8' with Arjun Kapoor.

During a conversation with the 'Aashiqui 2' actor KJo addressed the rumours of him dating actor Ananya Panday to which he wittily replied, "You see Karan you said on your show 'Ask me no secrets and I'll tell you no lies."

Karan also told Aditya that in the earlier episode of 'KWK 8' Ananya said she was feeling "very Ananya Coy Kapur," to which the 'Yeh Jawani Hai Deewani' actor said "And I am Aditya Joy Kapur as of now."

"You mean you're joyously in a situationship?" Karan asked Aditya to which he replied, "I'm quite joyous".

Karan also asked him if the first word that comes to his mind when he says Ananya is "joy"?. To which, Aditya responded, "Joy, pure joy and bliss". When Ananya graced the talk show couch with Sara Ali Khan, Karan asked Sara what's the one thing that Ananya has that she doesn't, Sara replied, 'Night Manager'. The web series 'Night Manager' is headlined by Ananya's rumoured boyfriend and actor Aditya Roy Kapur.